

Summary:

Title of thesis: Changes of anthropometric parameters after the program of physical activity in overweight and obese women.

Work objectives: The aim of the work was to find out influence of 3-months aerobic exercise program on changes of anthropometric parameters in overweight and obese women.

Methods: There were 50 obese and overweight women in project (average age $45,7 \pm 10,9$ years), who participated at 3-month aerobic exercise program. Work out program consisted of 3 – 4 hours per week of supervised aerobic workout (ride the static bike, walk on treadmill). At the beginning and at the end, anthropometric check-ups were made. We checked up: height, weight, BMI, body fat percentage via (through the use of) anthropometric check-up of thigh skin-fold thickness – callipers, circumference of waist, hip, arm and calf. Results were evaluated in more homogenous groups divided by age - women up to 45 years and women older than 45 years and by proportion of body fat - women with lower proportion of body fat - up to 40 percent - and women with proportion of body fat higher than 40 percent.

Results: Aerobic workout program catalyze all of the monitored parameters – statistically significant decrease of weight, BMI, body fat amount. Changes of fat distribution in body was established by statistically decrease of circumference of waist, decrease of thick of all measured skinfolds.

Key words: obesity, overweight, body fat, anthropometric parameters, physical activity